



# Cinch® 3-in-1 Boost™

## THE CHALLENGE

When you try to lose weight, what do you do? Cut calories, right? Guess what can happen if you cut your calories too low—your body slows down your metabolism to try to hold on to all the fat it can. It's a natural response mechanism—but not so great when you are trying to lose weight. Moreover, restricting calories can cause drops in blood sugar that lead to low energy, hunger, and cravings for unhealthy snack and food choices. With many other diets, you may not get the essential nutrients you need. What is the answer?

## THE SOLUTION Cinch 3-in-1 Boost

### Three Products in One

Cinch® 3-in-1 Boost delivers 23 essential vitamins and minerals. The Cinch® Boost Proprietary Thermogenic Blend features EGCG, a true wonder from green tea, to boost your metabolism into high gear.\* And Cinch 3-in-1 Boost also includes evodia and purple corn extracts currently being studied for their weight loss potential.\* This powerful blend is teamed with chromium, vanadium, and banaba leaf extract to help retain normal blood-sugar levels\* to help control hunger and food cravings. With Cinch 3-in-1 Boost, you've got a lot of support to help you reach your goals.

### Benefits

- **Boosts metabolism**—Provides clinically tested levels of EGCG from green tea to boost metabolism and burn fat.\*
- **Helps retain normal blood-sugar levels**—With chromium, vanadium, and banaba leaf to help control hunger and food cravings.\*
- **Provides the vitamins and minerals you need**—Delivers 100% or more of the Daily Values of 21 essential vitamins and minerals when taken with one serving of Cinch® Shake Mix.

## THE SHAKLEE DIFFERENCE

- Exclusive **Cinch Boost**, a proprietary thermogenic blend featuring 270 mg EGCG to boost metabolism\*
- Part of the **clinically tested** Cinch Inch Loss Plan†
- **No artificial** colors or sweeteners

## WHO WILL BENEFIT?

- 65% of adults in the United States who are overweight or obese
- Anyone looking for a healthy way to manage their weight and inches
- Anyone who is seeking a safe alternative to other questionable dietary supplements
- Anyone who is managing their weight and wants a comprehensive nutritional supplement



**Cinch® 3-in-1 Boost™** ☆  
84 Tablets (28 servings) #20347

†Based on results from a 12-week preliminary study, which did not include Cinch Meal-in-a-Bar, as it was introduced after the study.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## HOW-TO AND SUPPLEMENT FACTS

Take 3 tablets a day. One tablet with each meal works best.

<b>Supplement Facts</b>			
Serving Size: 3 Tablets Servings Per Container: 28			
Amount Per Serving	% DV	Amount Per Serving	% DV
Total Carbohydrate	<1 g <1%*	Iodine (as potassium iodide and sea kelp)	98 mcg 65%
Vitamin A (100% as beta-carotene)	2,500 IU 50%	Magnesium (as magnesium oxide)	120 mg 30%
Vitamin C (as ascorbic acid)	39 mg 65%	Zinc (as zinc gluconate)	9.75 mg 65%
Vitamin D (as cholecalciferol)	260 IU 65%	Selenium (as trace mineral protein hydrolysate)	45.5 mcg 65%
Vitamin E (as d- $\alpha$ -tocopheryl acid succinate)	19.5 IU 65%	Copper (as copper gluconate)	1.3 mg 65%
Vitamin K (as phytonadione)	52 mcg 65%	Manganese (as manganese gluconate)	1.3 mg 65%
Thiamin (as thiamine mononitrate)	0.98 mg 65%	Chromium (as chromium nicotinate and trace mineral protein hydrolysate)	400 mcg 333%
Riboflavin	1.10 mg 65%	Molybdenum (as trace mineral protein hydrolysate)	49 mcg 65%
Niacin (as niacinamide)	13 mg 65%	Sodium	5 mg <1%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	1.3 mg 65%	Nickel (as trace mineral protein hydrolysate)	10 mcg †
Folate (as folic acid)	260 mcg 65%	Tin (as trace mineral protein hydrolysate)	6.5 mcg †
Vitamin B <sub>12</sub> (as cyanocobalamin)	3.9 mcg 65%	Vanadium (as vanadyl sulfate and trace mineral protein hydrolysate)	100 mcg †
Biotin (as d-biotin)	195 mcg 65%	Boron (as trace mineral protein hydrolysate)	0.65 mg †
Pantothenic Acid (as d-calcium pantothenate)	6.5 mg 65%	Silicon (as silicon dioxide)	2 mg †
Calcium (as dicalcium phosphate)	300 mg 30%	Banaba Leaf Extract ( <i>Lagerstroemia speciosa</i> ) standardized to contain 1% corosolic acid	32 mg †
Phosphorus (as dicalcium phosphate)	300 mg 30%	Cinch® Boost Proprietary Thermogenic Blend Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf) (standardized to contain 270 mg of EGCG), Evodia Extract ( <i>Evodia rutaecarpa</i> ) (fruit), Purple Corn Extract ( <i>Zea mays</i> ) (seed)	600 mg †

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, CALCIUM SULFATE, GLYCERIN, SPIRULINA, INOSITOL, CHOLINE BITARTRATE, ALFALFA POWDER, GRAPEFRUIT BIOFLAVONOID, HESPERIDIN COMPLEX, LEMON BIOFLAVONOID, MIXED TOCOPHEROLS, ORANGE BIOFLAVONOID, RICE BRAN POWDER, ROSE HIPS POWDER, ACEROLA EXTRACT, CARNAUBA WAX.

## CINCH INCH LOSS PLAN

Cinch® 3-in-1 Boost is just one part of the comprehensive Cinch Inch Loss Plan. To get the full benefits, team the supplements up with all the other remarkable products in the Cinch Inch Loss Plan.

- **Cinch® Shake Mix** in rich chocolate, creamy vanilla, café latte, and strawberry flavors. Packed with soy protein to keep you feeling full and Powered by Leucine™ to help you hold on to muscle while you lose weight. Vanilla is also available in a nonsoy, whey protein blend formula.
- **Cinch® Meal-in-a-Bars** in two scrumptious flavors—Blueberry Almond Crisp and Peanut Butter Chocolate Chip. A great alternative to a serving of shake mix. Packed with 20 grams of protein to keep you feeling full and Powered by Leucine™ to help hold on to muscle while you lose weight.
- **Cinch® Snack Bars** serve up hard-to-believe snacking pleasure with hunger-fighting protein, and they are Powered by Leucine™, to help preserve muscle. 120–130 calories per bar.
- **Cinch® Energy Tea Mix** serves natural oomph in a cup. Hot or cold, this exotic blend of red, white, and green teas gives you a natural energy boost anytime you need it. Available in unsweetened and pomegranate flavors.

The Cinch Inch Loss Plan with leucine is formulated to help you break the diet cycle so you:

- **Keep muscle** you have.
- **Burn fat** you don't need.
- **Lose inches** you don't want.

## SUPPORT MATERIALS AND RESOURCES

- **Introduction to Cinch** A recorded three-minute call (925.924.3030)
- **Cinch® Inch Loss Plan Brochure** #75555 English; #75556 Spanish
- **CinchWellness.com** A tools and support site for Cinch customers
- **A Happier, Healthier You DVD** #66007 Single; #59053 5-Pack; #59054 50-Pack
- **Cinch Program Guide (English/Spanish)** Everything you need to know about the Cinch Program #79304
- **Introduction to Cinch PowerPoint Presentation** (Available to download at MyShaklee.com)
- **Cinch® Daily Journal (English/Spanish)** A portable journal to track your product use and meals when you are on the Cinch Plan #75362
- **Product Guide** (For details, talk to your Shaklee Independent Distributor)

## SCIENTIFIC REFERENCES

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We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

